



200 HOURS

Hatha Yoga & Ashtanga Vinyasa Yoga

YOGA TEACHER TRAINING

RISHIKESH, INDIA

Accredited by YOGA ALLIANCE





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200 Hours Yoga TTC - Rishikesh, India

YOGA VIDYA MANDIRAM school is registered with **YOGA ALLIANCE** standard, the largest and most recognized yoga standard internationally. Our 200 Hours Yoga Teacher Training Course (TTC) is accredited by the same standard.

Our training venue in **India** is in **Rishikesh** city, in Tapovan area approximately 5 minutes walk to the spot where rickshaws park for Laxman Jhula route and 15 minutes walk to Laxman Jhula bridge. The exact location will be provided after a booking is confirmed.

Course Duration: 22 Days and 21 Nights

Upcoming Course Dates:

- July 2-23, 2024
- August 2-23, 2024
- September 2-23, 2024
- October 2-23, 2024
- November 2-23, 2024
- December 2-23, 2024
- January 2-23, 2025
- February 2-23, 2025

* 200TTC is held during the 2nd-23rd of every month throughout the year.

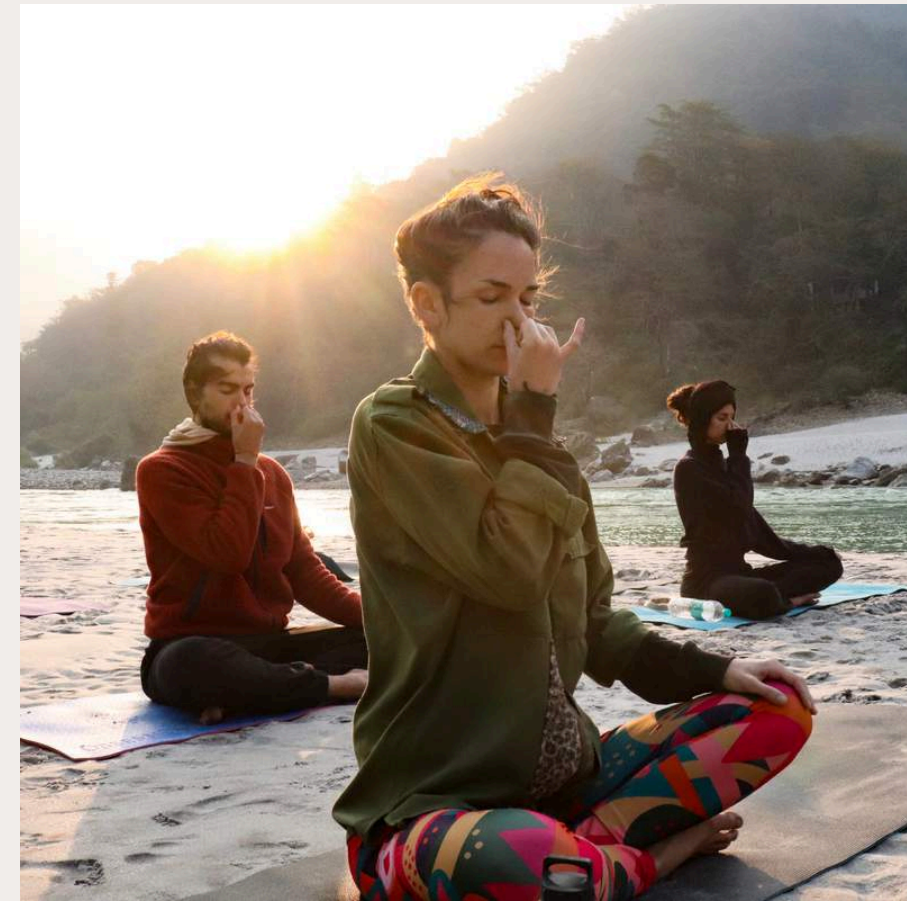




CONTENT OVERVIEW

- Mantra Chanting
- Pranayama (Breathing Techniques)
- Mudra (Yoga Gestures)
- Bandhas (Energy Locks)
- Shat-Kriya / Shat-Karma (Yogic Cleansing)
- Yoga Asana (Hatha Yoga & Ashtanga Yoga)
- Yoga Philosophy
- Yoga Anatomy & Physiology
- Introduction to Ayurveda
- Teaching Methodology
- Teaching Practice / Practicum
- Assignments & Final Written Exam

* Detailed contents are provided on the listing page.



TYPICAL DAILY SCHEDULE

06:15 – 06:30	Mantra chanting
06:30 – 07:30	Shat-Kriyas & Pranayama
07:30 – 09:00	Hatha Yoga (with basic Yin & Iyengar)
09:00 – 10:00	Breakfast and free time
10:00 – 11:00	Yoga Philosophy
11:00 – 12:00	Yoga Anatomy & Physiology
12:00 – 12:30	Karma yoga (Seva)
12:30 – 13:30	Lunch
13:30 – 16:00	Self-Study / Self-Practice
16:00 – 16:30	Afternoon Tea
16:30 – 18:00	Ashtanga Vinyasa Yoga
18:00 – 19:00	Relaxation & Meditation
19:00 – 20:00	Dinner
20:00 – 21:00	Self-Study / Free Time
21:00 – 22:00	Go to sleep!

* Schedule is subject to changes without prior notice.



NOTES:

- First day starts at 10.30am
- Last day completes by 11.00am
- There are 6 training days and 1 rest day per week.
- Rest day includes excursion organized by school.



EXCURSIONS

Throughout the course, 6 days of the week will be training days and 1 day of rest. On the rest day, excursion is organized by the school for sightseeing, temple visits or cultural activities.

Please note that excursions are selected by school and may change depending on season, weather, availability, etc.

Here are some of the excursions:

- Vashishtha Cave
- Neer Gaddu Waterfall
- Kunjapuri Temple
- Vindhyavasini Temple

Note: Listed excursions are only examples and could be different.





COURSE COMPLETION REQUIREMENTS

1. Attendance & Participation

100% Class Attendance is required. Punctuality and participation of each individual during classes will also be taken into account when giving certification.

2. Assignments

Students are required to complete assignments on a timely manner. Assignment can be in the form of writing, practicum, self-contemplation and discussion.

3. Teaching Practice & Written Exam

Teaching practice starts in pairs and small groups to ease students into teaching and a final written exam is given on the last day.



4. Payment

Complete payment of course fee and any additional fees are required on arrival. Different methods of payment are available on a later slide.

5. School Policies & Code of Conducts

Participants and non-participants are required to comply to school policies and code of conducts. We recommend to go through the policies and conducts.

* YOGA VIDYA MANDIRAM has the right to deny certification without refund to students who do not meet the course completion requirements.

COURSE FEE

1. Quadruplet Dorm (4 beds)

Normal Price: US\$700 per participant
See discount offers in email response



Quadruplet bed arrangement
with attached bathroom.

2. Triplet Dorm (3 beds)

Normal Price: US\$820 per participant
See discount offers in email response



Triplet bed arrangement
with attached bathroom.

3. Shared Twin Room (2 beds)

Normal Price: US\$1,400 per participant
See discount offers in email response



Twin bed arrangement
with attached bathroom.

Notes:

1. Rooms come in different color, shapes, decor, etc. in 4 different buildings within school premise. It won't be exactly same as the photo.
2. All room types are non-AC with an attached bathroom.

COURSE FEE

4. Privage Single Room (1 person / room)

Normal Price: US\$1,650 per room

See discount offers in email response



Private room for 1 person
with attached bathroom.

5. Privage Double Room (2 person / room)

Normal Price: US\$2,800 per room

See discount offers in email response



Private room for 2 persons
with attached bathroom.

Notes:

1. Rooms come in different color, shapes, decor, etc. in 4 different buildings within school premise. It won't be exactly same as the photo.
2. All room types are non-AC with an attached bathroom.



INCLUDES

The Course Fees are INCLUSIVE OF:

- 21 nights non-AC Accommodation
- Free Wi-Fi connection
- Afternoon Chai (Indian Masala Tea)
- Yoga equipment used during the course
- Three Daily Vegetarian Meals (No Eggs)
- Excursions on Rest Days
- Study Manual & Handouts
- 200 Hours TTC Certificate by Yoga Alliance

EXCLUDES

Course fee DOES NOT INCLUDE:

- Airport Transfer (available at additional charges)
- Travel expenses (i.e. airfare, train, bus, taxi, etc.)
- Laundry services (available at additional charges)
- Travel Insurance
- Medical Expenses
- Other Personal Expenses
- Extra nights beyond course dates
- Air Conditioning / Heater

USEFUL INFORMATION

1. Airport & Taxi Pickup

The nearest airport to Rishikesh is Jolly Grant airport, Dehradun (DED) which is 30-40 minutes from our school. Flights to DED largely come from Delhi Airport (DEL), so you will have to transit there and take a domestic flight to DED. At Delhi, please note that all international flights are at Terminal 3 and some domestic flights are at Terminal 1 or 2. It may take 1-2 hrs to pass immigration and go through baggage claim at international arrivals, then make your way to check-in at the domestic departure. Therefore, make sure that you recheck your terminal and that you have at least 3-4 hours to move between the two terminals and to check-in on your domestic flight. From DED, taxi would be \$17 per trip. Direct taxi from Delhi airport is also possible. The taxi charges would be \$85 per trip (4-5 hours ride in normal traffic). If you need our assistance in booking your taxi on arrival, please provide us with your flight details (i.e. flight no., airline, time, date and location). Please note that the taxi fee is for a sedan vehicle size. Price will be different for a bigger vehicle requirement.



2. Food

All meals are vegetarian with no eggs with vegan options available. We have taken extra precautions by hiring a dedicated staff to prepare each and every meal at the school from fresh ingredients.

3. First Day & Last Day

In order to attend the orientation program, please arrive at least 1-2 hours early to settle into your room and take your time before the course starts. On the **first day**, we will begin at 10:30 am with an opening ceremony. On **last day** of the course, graduation ceremony takes place and finishes by 11:00 am. Lunch is provided but you are free to leave any time after the program. Therefore, any departure flights should be planned sometime in the afternoon or evening.



USEFUL INFORMATION

4. Indian Visa

As for entering and staying in India, we recommend you to apply online for the Indian **E-Tourist Visa (e-TV)**. You can **start applying** for an e-visa **30 days prior to your travel** date to India. Please be sure to apply online at least 7-14 working days in advance of your departure date to that the Embassy has sufficient time to process your visa request. Please check eligible nationalities and requirements on the Government of India's official website for e-Visa applications.

Apply for E-Tourist Visa (e-TV): <https://indianvisaonline.gov.in/evisa/tvoa.html>

*** There are also some countries which are not included in the list of eligible countries** permitted **to apply for the e-visa**. Therefore, those nationalities have to go through the **normal paper/sticker visa** process with the Indian Embassy or its direct partner agency (i.e. VFS Global for Indian Embassy). You may need to make a advance appointment to submit the visa application and possibly a long waiting period. Please contact and make your appointment with the Indian Embassy as soon as possible to avoid not obtaining your visa in time to enter India.

USEFUL INFORMATION

5. Extra Nights

Extra nights before or after course dates are \$25 per night for a Triplet Dorm Room, \$28 per night for a Shared Twin Room, \$38 per night for a Private Single room (1 person/room) or \$56 per night for a Private Double Room (2 person/room), all prices inclusive of accommodation (non-AC) and meals. Please let us know in advance, as we have to check availability for your extra nights.

6. AC / Heater Facility

AC would be an additional charge of \$10 per night per room, only available for Private Room Option.

Heaters for rent are available at US\$10 per night per heater. You can request for a heater at our school as you arrive.



CANCELLATION POLICY

In the case of cancellation, the advance deposit of a course fee is strictly non-refundable. However, you may reschedule for the same program in a future month but within 1 year after the initial course date booked. Reschedule must be inquired in advance of and only if there is still availability for the desired month. Please inquire in advance for the Conditions of Postponement.



ACCEPTED METHODS OF PAYMENT

- For Remaining Course Fee

1. Cash

We recommend you to pay the remaining balance in cash on arrival. We accept common foreign currencies (i.e. USD, EUR, GBP, AUD, CAD, JPY, etc.), so you can carry cash from your country for convenience. **ATM** is also available and we can bring you for cash withdrawal. **Foreign currency bills are accepted only if it is the most recent version (not old versions), without a tear, stains, stamps and pen markings**, because we can't exchange them if they are torn or have any markings. **Please kindly check your bills** if you want to pay in foreign currencies.

2. Direct Bank Transfer

If you want to avoid carrying cash or going to the ATM, online banking is possible. Please make sure you **make a transfer before your arrival** to ensure the amount arrives before the course starts and that you are able to deal with the bank if there is any issue with the transfer. Please note that any bank or oversea transfer fee is your responsibility and school should receive the exact amount due into the bank. We will keep you updated.

Wise Transfer is also possible. We may be able to provide you account details in your currency by Wise. Please inquiry for more information.



ACCEPTED METHODS OF PAYMENT

- For Remaining Course Fee

3. PayPal

Payment via PayPal is possible but you would be **subjected to 6% additional transaction fee**. This fee is applicable to remaining course fee payments made via PayPal, including before and after arrival to school.

4. Debit / Credit Card

Card payment is now possible at our Chiangmai TTC location but the payment amount would be subjected to an **additional 4% service fee**. This is in a link form and can be sent to you for payment before your arrival.

NOTES:

- Remaining course fee and other additional charges are due on arrival.
- Converting USD to other currencies for paying remaining course fee is possible, but the exact conversion will have to be done on the date of payment (usually on arrival date) for the most current exchange rate.
- Rates will be based on the bank school uses for money exchange.